

22 (Sandy) Squadron Air Training Corps

Bedfordshire and Cambridgeshire Wing

The ATC/ACF Cadet Centre, Alnwick Close,
Sandy, Beds. SG19 1UA

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Date: 12 July 2010

Press Release

Sandy Cadets take on the F Word

On Thursday 8th July, Air Cadets from 22 (Sandy) Squadron took each other on in a cooking challenge based on TV program "The F Word".

With the blue and red team competing against each other, they were tasked with creating a menu to excite the taste buds, with only the cooking equipment available at the squadron to work with. After a week of planning, both teams set to work preparing and presenting their dishes within a 45 minutes time limit.

The blue team's menu started with a French onion soup, followed by Chicken korma and rice, finished off by crepes and ice cream. Their table arrangement was rather impressive, with highly polished cutlery and glasses, along with "French" waiter and music.

The red team started their menu with an antipasti dish, followed by a Lamb chops with Halloumi cheese, finished off by an exotic fruit salad served in a coconut shell. The red team followed a more rustic Italian themed table arrangement, complete with candles.

With such high standard being shown from both teams, choosing a winner was incredibly difficult. Taking into account the standard of food, presentation, cleanliness of each kitchen and team work, it was finally decided that the red team had just edged the competition.

Commanding Officer, Flight Lieutenant Mark Robinson commented "I have been amazed by the standard of the food, and the thought that has been put into the table arrangements. I will even be trying some of the recipe myself. Both teams can be very proud".

If you are interested in join as a Cadet, come down to our recruit intake evening on July 22nd. For more information call us on 01767 691681, email info@sandy-aircadets.org.uk or visit our website at www.sandy-aircadets.org.uk.

By Civilian Instructor Jeffrey Henshaw, Squadron MCO - 22 (Sandy) Sqn

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Notes to Editor:

Included photographs:

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Photo 1 – Cadet Corporal James Thomas (17) preparing a fruit salad

Photo 2 – Cadet Cameron Hall (14) cooking the lamb chops

Photo 3 – Highly polished table arrangement

Photo 4 – Flight Lieutenant Mark Robinson being serve dessert by Cadet Corporal Joshua Bruce (16)

All photographs taken by CI Jeffrey Henshaw



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